Orphrum ALCIDE CAPITAINE.

The man who imagines that his vices hurt only himself is ignorant of natural law. Disease in one generation may cause idiocy or criminal tendencies in the next, and even to the third and fourth generation. This should deter any man, with a spark of real humanity about him, from risking the health and happiness of future generations, by indulgence in destructive vices which give no real pleasure. The man who uses tobacco or strong drink to excess or who indulges too much with women is certain to so vitiate and disorder his bodily and mental powers as to unfit him to fulfil the ordinary duties of citizenship, much less those of husband and father It is ignorance or wilful disregard of these facts that causes most of the crime and disease in the world.

If a man is addicted to a habit that he knows is injuring him he ought to have a quiet little discussion with himself in order to find out just why he continues it. If he finds pleasure in it